

EXHIBIT "A"**NUMBER OF MEALS:**

SITE LOCATION(S)	BREAKFAST	LUNCH	P.M. SUPPLEMENTS	SUPPER
	Approximates	Approximates	Approximates	
Enrollees	202	202	202	N/A
Adults	22	22	22	N/A

***Important Note:**

Center Supervisor shall notify School Nutrition Manager and Shelby County Government Head Start Nutrition Specialist of any special meal requests:

SITE ADDRESS:

Dunbar Elementary	30 meals	2606 Select Avenue, Memphis, TN 38114
Graceland Elementary	44 meals	3866 Pattie Ann Drive, Memphis, TN 38109
Levi Elementary	60 meals	3939 S. Third Street, Memphis, TN 38109
Riverview Elementary	30 meals	260 Joubert Avenue, Memphis, TN 38109
South Park Elementary	30 meals	1720 Getwell, Memphis, TN 38111
Sheffield Elementary	30 meals	4290 Chuck, Memphis, TN 38118

EXHIBIT "B"

SAMPLE MENUS

See Attached

MEMPHIS CITY SCHOOLS HEAD START MENU FEBRUARY 2008

Monday, February 4, 2008

Breakfast

X Orange Juice $\frac{1}{2}$ cup (VIT C)

Special K Cereal $\frac{3}{4}$ oz

Graham Crackers 3

2% Milk $\frac{3}{4}$ - 1 cup

Lunch

Chicken (1 oz) Vegetable Soup 1 cup w/

Soup Vegetables $\frac{1}{4}$ cup

Lunch meat ($\frac{1}{2}$ oz) Sandwich $\frac{1}{2}$

Enriched Sandwich Bread 1 Slice

Chilled Pineapple $\frac{1}{4}$ cup

Raisins w/Celery Sticks $\frac{1}{4}$ cup (RAW)

2% Milk $\frac{3}{4}$ - 1 cup

Snack

Sliced Bologna $\frac{1}{2}$ oz

Snack Mix $\frac{3}{4}$ oz

Water

Tuesday, February 5, 2008

Breakfast

X Fresh Orange Wedges $\frac{1}{2}$ cup (VIT C, RAW)

Breakfast Burrito w/ $\frac{1}{2}$ oz protein & Tortilla=1 Slice Enriched Bread

2% Milk $\frac{3}{4}$ - 1 cup

Lunch

Lasagna w/ 1 $\frac{1}{2}$ oz Ground Beef/Cheese &

Enriched Lasagna Noodles

Whole Kernel Corn $\frac{1}{4}$ cup

Southern Style Green Beans $\frac{1}{4}$ cup

Breadstick 1

2% Milk $\frac{3}{4}$ - 1 cup

Snack

Vanilla Wafers $\frac{3}{4}$ oz

2% Milk $\frac{1}{2}$ cup

Wednesday, February 6, 2008

Breakfast

X Fresh Orange Wedges $\frac{1}{2}$ cup (VIT C)

Cheese ($\frac{1}{2}$ oz) Toast 1

2% Milk $\frac{3}{4}$ - 1 cup

Lunch

BBQ Pork Roast 1 $\frac{1}{2}$ oz

Baked Beans $\frac{1}{4}$ cup

California Blend Vegetables $\frac{1}{4}$ cup

Coleslaw $\frac{1}{4}$ cup (RAW)

Wheat Roll 1

2% Milk $\frac{3}{4}$ - 1 cup

Snack

Fresh Apple Slices $\frac{1}{2}$ cup

Cheddar Fetti $\frac{3}{4}$ oz

Grape Juice $\frac{1}{2}$ cup

Thursday, February 7, 2008

Breakfast

Chunky Applesauce $\frac{1}{2}$ cup

Sausage Patty 1

Hot Biscuit 1

2 % Milk $\frac{3}{4}$ - 1 cup

Lunch – Chinese New Year

Chicken Stir Fry (1 $\frac{1}{2}$ oz Chicken)

Steamed Rice

Orange Glazed Carrots $\frac{1}{4}$ cup

X Steamed Broccoli $\frac{1}{4}$ cup (VIT C)

Garden Salad (Lettuce, Tomatoes, Cucumbers) $\frac{1}{4}$ cup (RAW)

Enriched Wheat Bread $\frac{1}{2}$ Slice

2% Milk $\frac{3}{4}$ - 1 cup

Snack

Vanilla Wafers $\frac{3}{4}$ oz

2% Milk $\frac{1}{2}$ cup

Friday, February 8, 2008

Breakfast

Chilled Peaches $\frac{1}{2}$ cup

Cheese Snack $\frac{1}{2}$ oz

Wheat Toast 1

2% Milk $\frac{3}{4}$ - 1 cup

Lunch

Fish Sticks (1 $\frac{1}{2}$ oz) w/Macaroni & Cheese

Mixed Vegetables $\frac{1}{4}$ cup

Fresh Sliced Kiwi $\frac{1}{4}$ cup (RAW)

Enriched Bread $\frac{1}{2}$ Slice

2% Milk $\frac{3}{4}$ - 1 cup

Snack

Bear Grahams $\frac{3}{4}$ oz

X Fresh Orange Wedges $\frac{1}{2}$ cup (VIT C)

Water

Monday, February 11, 2008

Breakfast

X Orange Juice $\frac{1}{2}$ cup (VIT C)

Raisin Bran Cereal $\frac{3}{4}$ oz

Toast 1 w/Jelly

2% Milk $\frac{3}{4}$ - 1 cup

Lunch

Sloppy Joe (1 $\frac{1}{2}$ oz Ground Beef)

Whipped Potatoes $\frac{1}{4}$ cup

California Blend Vegetables $\frac{1}{4}$ cup (No Cheese Sauce)

Crispy Tossed Salad (Lettuce, Tomatoes, Cucumbers) $\frac{1}{8}$ cup (RAW)

Heated Bun 1

2% Milk $\frac{3}{4}$ - 1 cup

Snack

Cheese Cubes ½ oz

Graham Crackers 3

Chilled Applesauce ½ cup

Water

Tuesday, February 12, 2008

Breakfast

Chilled Fruit Cocktail ½ cup

European Waffle Sticks (3) w/Syrup

2% Milk ¾ - 1 cup

Lunch

Hot Ham & Cheese (1 ½ oz) Sandwich

Whole Kernel Corn ¼ cup

X Steamed Spinach ¼ cup (1/2 VIT C)

X Fresh Tomato Cubes ¼ cup (1/2 VIT C, RAW)

Heated Bun 1

2% Milk ¾ - 1 cup

Snack

Lunchmeat ½ oz

Saltine Crackers 4

2% Milk ½ cup

Wednesday, February 13, 2008

Breakfast

X Orange Juice ½ cup (VIT C)

Yogurt 4 oz

Graham Crackers 3

2% Milk ¾ - 1 cup

Lunch

Chicken (1 ½ oz) Tetrazinni

Noodles ¼ cup

Baked Apples ¼ cup

Steamed Baby Carrots ¼ cup

Garden Salad w/Lettuce, Tomatoes & Green Peppers 1/8 cup (RAW)

Wheat Roll 1

2% Milk ¾ - 1 cup

Snack

Animal Cookies $\frac{3}{4}$ oz

Chilled Mixed Fruit $\frac{1}{2}$ cup

Water

Thursday, February 14, 2008 (Sweethearts Day)

Breakfast

Chilled Peach Cup $\frac{1}{2}$ cup

Breakfast Bagel 1

2% Milk $\frac{3}{4}$ - 1 cup

Lunch

Hot Dog Strips 1 $\frac{1}{2}$ oz (Cut Lengthwise)

Potato Batter Bites $\frac{1}{4}$ cup

X Steamed Broccoli $\frac{1}{4}$ cup (VIT C)

Crispy Veggies (Carrots & Celery) $\frac{1}{4}$ cup w/Dip (RAW)

Heated Hot Dog Bun 1

2% Milk $\frac{3}{4}$ - 1 cup

Snack

Deli Turkey ($\frac{1}{2}$ oz) Sandwich $\frac{1}{2}$

Enriched Bread 1

2% Milk $\frac{1}{2}$ cup

Friday, February 15, 2008

Breakfast

X Orange Juice $\frac{1}{2}$ cup (VIT C)

String Cheese $\frac{1}{2}$ oz

Banana Fruit Loaf 1

2 % Milk $\frac{3}{4}$ - 1 cup

Lunch

Cheeseburger 1 $\frac{1}{2}$ oz Ground Beef & Cheese

Crinkle Cut Potatoes $\frac{1}{4}$ cup

Oriental Vegetables $\frac{1}{4}$ cup

Lettuce & Tomato Cup $\frac{1}{8}$ cup (RAW)

Heated Hamburger Bun 1

2 % Milk $\frac{3}{4}$ - 1 cup

Snack

Fresh Pear Slices $\frac{1}{2}$ cup

Brownie 1

Water

Monday, February 18, 2008

In-Service Training

Centers Closed

Tuesday, February 19, 2008

Breakfast

X Orange Juice $\frac{1}{2}$ cup (VIT C)

Turkey Sausage Links 2

Multi Grain Cheerios $\frac{3}{4}$ oz

Toast 1

2% Milk $\frac{3}{4}$ - 1 cup

Lunch

Bean & Cheese Burrito (1/2 cup Dried Beans + $\frac{1}{2}$ oz Cheese) w/Salsa & Tortilla = 1 Slice Enriched Bread

Whole Kernel Corn $\frac{1}{4}$ cup

Carrot Sticks 1/8 cup (RAW)

Chilled Pears $\frac{1}{4}$ cup

2% Milk $\frac{3}{4}$ - 1 cup

Snack

Oatmeal Cookies $\frac{3}{4}$ oz

2% Milk $\frac{1}{2}$ cup

Wednesday, February 20, 2008

Breakfast

X Fresh Orange Wedges $\frac{1}{2}$ cup (VIT C)

Breakfast Ham $\frac{1}{2}$ oz

Hot Biscuit 1

2% Milk $\frac{3}{4}$ - 1 cup

Lunch

Oven Baked Chicken 1 $\frac{1}{2}$ oz

Sweet Potatoes $\frac{1}{4}$ cup

Turnip Greens $\frac{1}{4}$ cup
Fresh Garden Salad (Lettuce, Tomatoes & Cucumbers) $\frac{1}{8}$ cup (RAW)
Cornbread 1
2% Milk $\frac{3}{4}$ - 1 cup

Snack
Butter Cookies $\frac{3}{4}$ oz
Grape Juice $\frac{1}{2}$ cup

Thursday, February 21, 2008
Breakfast
X Orange Juice $\frac{1}{2}$ cup (VIT C)
Sausage Patty 1
Toast 1
2% Milk $\frac{3}{4}$ - 1 cup

Lunch
Soft Shell Taco (1 $\frac{1}{2}$ oz Ground Beef & Cheese)
Corn on the Cob $\frac{1}{4}$ cup
Pinto Beans $\frac{1}{4}$ cup
Lettuce & Tomato Cup $\frac{1}{8}$ cup (RAW)
Tortilla = 1 Slice Enriched Bread
2% Milk $\frac{3}{4}$ - 1 cup

Snack
Fresh Banana $\frac{1}{2}$ cup
Vanilla Wafers $\frac{3}{4}$ oz
2% Milk $\frac{1}{2}$ cup

Friday, February 22, 2008
Breakfast
Apple Juice $\frac{1}{2}$ cup
Sausage Kolache w/ Sausage $\frac{1}{2}$ oz & Breeding = 1 Slice Enriched Bread
2 % Milk $\frac{3}{4}$ - 1 cup

Lunch
Italian Spaghetti w/ 1 $\frac{1}{2}$ oz Ground Beef & Cheese
Spaghetti Noodles
Southern Style Green Beans $\frac{1}{4}$ cup
Coleslaw $\frac{1}{4}$ cup (RAW)

Breadstick 1

2 % Milk $\frac{3}{4}$ - 1 cup

BIRTHDAY CAKE

Snack

Teddy Grahams $\frac{3}{4}$ oz

X Fresh Orange Wedges $\frac{1}{2}$ cup (VIT C)

Water

Monday, February 25, 2008

Breakfast

X Fresh Orange Wedges $\frac{1}{2}$ cup (VIT C, RAW)

Special K Cereal $\frac{3}{4}$ oz

Toast 1 w/Jelly

2 % Milk $\frac{3}{4}$ - 1 cup

Lunch

Homestyle Chili $\frac{1}{2}$ cup (Must use Dried Beans)

Crinkle Cut Potatoes $\frac{1}{4}$ cup

California Blend Vegetables $\frac{1}{4}$ cup

Crackers 4

Chilled Applesauce $\frac{1}{4}$ cup

2 % Milk $\frac{3}{4}$ - 1 cup

Snack

Vanilla Wafers $\frac{3}{4}$ oz

Grape Juice $\frac{1}{2}$ cup

Tuesday, February 26, 2008

Breakfast

X Orange Juice $\frac{1}{2}$ cup (VIT C)

Breakfast Burrito w/ $\frac{1}{2}$ oz protein & Tortilla = 1 Slice Enriched Bread

2 % Milk $\frac{3}{4}$ - 1 cup

Lunch

Oven Baked Chicken 1 $\frac{1}{2}$ oz

Potatoes au Gratin $\frac{1}{4}$ cup

Black-eyed Peas $\frac{1}{4}$ cup

Carrot Sticks $\frac{1}{8}$ cup w/Dip (RAW)

Cornbread 1
Chilled Pineapple $\frac{1}{4}$ cup
2 % Milk $\frac{3}{4}$ - 1 cup

Snack
Butter Cookies $\frac{3}{4}$ oz
2 % Milk $\frac{1}{2}$ cup

Wednesday, February 27, 2008

Breakfast
Chilled Peaches $\frac{1}{2}$ cup
Yogurt 4 oz
Graham Crackers 3
2 % Milk $\frac{3}{4}$ - 1 cup

Lunch
Corn Dog Nuggets (1 $\frac{1}{2}$ oz Hot Dogs)
Corn on the Cob $\frac{1}{4}$ cup
X Steamed Broccoli $\frac{1}{4}$ cup (VIT C)
Fresh Sliced Cucumbers $\frac{1}{8}$ cup (RAW)
Wheat Roll 1
Baked Apples $\frac{1}{4}$ cup
2 % Milk $\frac{3}{4}$ - 1 cup

Snack
Oatmeal Cookies $\frac{3}{4}$ oz
Grape Juice $\frac{1}{2}$ cup

Thursday, February 28, 2008

Breakfast
Chilled Fruit Cup (Peaches, Pears, Grapes) $\frac{1}{2}$ cup
Breakfast Ham $\frac{1}{2}$ oz
Breakfast Bagel 1
2 % Milk $\frac{3}{4}$ - 1 cup

Lunch
Chicken (1 $\frac{1}{2}$ oz) Pot Pie
X Chopped Spinach $\frac{1}{4}$ cup (1/2 VIT C)
X Fresh Tomato Cubes $\frac{1}{4}$ cup (1/2 VIT C)

Garlic Toast Strips 3
Fresh Sliced Kiwi $\frac{1}{4}$ cup (RAW)
2 % Milk $\frac{3}{4}$ - 1 cup

Snack
Vanilla Wafers $\frac{3}{4}$ oz
2 % Milk $\frac{1}{2}$ cup

Friday, February 29, 2008
Breakfast
Chilled Applesauce $\frac{1}{2}$ cup
Hard Cooked Egg 1
Banana Fruit Loaf 1
2 % Milk $\frac{3}{4}$ - 1 cup

Lunch
Cheeseburger 1 $\frac{1}{2}$ oz Ground Beef & Cheese
Whole Kernel Corn $\frac{1}{4}$ cup
X Steamed Broccoli $\frac{1}{4}$ cup (VIT C)
Fresh Sliced Pear $\frac{1}{4}$ cup (RAW)
Heated Hamburger Bun 1
2 % Milk $\frac{3}{4}$ - 1 cup

Snack
Butter Cookies $\frac{3}{4}$ oz
Grape Juice $\frac{1}{2}$ cup